

ESSENTIAL SKILLS FOR FAMILY CAREGIVERS: IT STARTS WITH COMMUNICATION

April 5, 2012

1:00 – 3:00 PM

Cambridge Council on Aging

806 Massachusetts Avenue

Cambridge, MA 02139

Good communication is essential when providing care for a family member in mid-to-later stage dementia and there are many proven communication techniques that caregivers can learn to improve day-to-day life for those with dementia and reduce their own stress. Learn how to communicate in a way that minimizes frustrations, decreases anxiety, and avoids disagreements.

Designed with family caregivers in mind. *No professional caregivers please.*

This program is presented in collaboration with the Alzheimer's Association and Somerville Cambridge Elder Services through an Administration on Aging Grant administered by the Massachusetts Executive Office of Elder Affairs.

Presenter: Jill Seiler-Moon, Alzheimer's Association

Program is free of charge but pre-registration is required. To register, please call 800-272-3900 or go to www.Alz.org/MANH.